



# Fallston Recreation Council

FALL/WINTER ACTIVITIES – 2013-2014

(September thru March)

Fallston Recreation Council has implemented a new On-Line registration system. This new system will be used for all Programs. To access this system, please visit

<https://fallstonrec.sportssignup.com>.

From there you can register for your respective program(s). For technical issues, please contact Bob Elliott at [webmaster@fallstonfootball.com](mailto:webmaster@fallstonfootball.com). All other questions should be directed to Steve Schneiders at [schneiders@sudinasearch.com](mailto:schneiders@sudinasearch.com).

**\*\* Fallston Recreation Council is a self-funded, non-profit entity \*\***

## FACILITY CODES:

CHEN – VERONICA "RONI" CHENOWITH ACTIVITY CENTER

YBPS – YOUTH'S BENEFIT PRIMARY

YBIS – YOUTH'S BENEFIT INTERMEDIATE

RR – RECKORD ROAD COMPLEX

FMS – FALLSTON MIDDLE SCHOOL

FHS – FALLSTON HIGH SCHOOL

FRC – FALLSTON REC COMPLEX

OFFICE – RONI CHENOWITH ACTIVITY CENTER – 410-638-3559 (weekdays 8:00am - 4:30pm)

e-mail: [mrgetz@harfordcountymd.gov](mailto:mrgetz@harfordcountymd.gov) or [dlgrabowski@harfordcountymd.gov](mailto:dlgrabowski@harfordcountymd.gov)

webpage: [www.fallstonrec.com](http://www.fallstonrec.com)

## BOYS BASKETBALL

Ages 5-17. Program begins Nov. 1<sup>st</sup> and continues thru mid-March. Cost is: \$60/ages 5-8 or \$90/ages 9-17. **Registration will take place online beginning September, 16<sup>th</sup> through Oct. 18<sup>th</sup>. After October 18<sup>th</sup> registration fee will be \$70/clinic and \$100/all other ages.** (\$5 discount per additional child in same family– boy's program only). Volunteers (commissioners, coaches, etc) needed. ***If interested in trying out for Travel Basketball please e-mail [Fallstonhoops@gmail.com](mailto:Fallstonhoops@gmail.com) with name and age group to receive additional Travel Basketball information.*** For further information, please check the webpage at <http://boys.fallstonbasketball.com>.

## BOYS BASKETBALL CLINIC

The 2013 Fallston Boys Basketball Fall Clinic will be offered for **boy's ages 7-10**. Age should be determined as of 12/31/2013. This program is designed to teach skills for the beginner as well as advanced players with emphasis on individual player development. 45 minutes of drills and stations will be combined with 45 minutes of games. Total cost is \$30/child. Registration will be in person, from 5:30-6:00PM, before the first night of the clinic. Payment can be made in cash, or by check made payable to "Fallston Boys Basketball". A waiver must be signed by a legal guardian in order for any child to participate. **The location and time for all dates is the Roni Chenowith Center from 6:00-7:30PM:** Tuesday, September 10<sup>th</sup>, Tuesday, September 17<sup>th</sup>, Tuesday, September 24<sup>th</sup> and Tuesday, October 1<sup>st</sup>.

## GIRLS BASKETBALL

Ages 6-7 clinic; 8-16 league play. Program meets early November to mid/late March. Cost \$60 for clinic and \$90 for all other ages. **Registration will take place online beginning September 30<sup>th</sup> through October 20<sup>th</sup>. After Oct. 21<sup>st</sup> registration fee will be \$70/clinic and \$100/all other ages.** Volunteers (commissioners, coaches, etc.) needed. For further information please check the webpage at <http://girls.fallstonbasketball.com> or call Kristi Edwards at 443-829-1607 or by email [Kristina.g.edwards@gmail.com](mailto:Kristina.g.edwards@gmail.com).

## MEN'S BASKETBALL

Ages 18 and up for Fallston High district residents and 30 and up for other Harford County residents. Drop-in format/pick up games. **Register at any session.** Program meets Wednesdays at FHS 6:30-9:00pm, beginning in October thru April. Cost is \$40 (includes reversible jersey). For further info call Jim Bachmann at 410-803-8626 or visit [www.fallstonrec.com](http://www.fallstonrec.com).

## MEN'S OVER-35 BASKETBALL

Ages 35 and up. Program meets on Wednesdays, 6:00-8:00 pm at CHEN and FHS beginning in Sept. thru May. Cost is \$20/person. For further info call Tom Gorius at (410) 893-2475 or email at [tomgorius@yahoo.com](mailto:tomgorius@yahoo.com).

## BOOTCAMP

Bootcamp starting Monday, Sept. 9<sup>th</sup> until Wed., October 30<sup>th</sup> at CHEN multipurpose room. Mon & Wed. nights from 5:30-6:30pm. \$120 for the session. Session conducted by certified personal trainer. Please check out website <http://www.getfitbootcampharfordcounty.com> or contact [teresad903@live.com](mailto:teresad903@live.com) for more information.

Harford County Public Schools is not sponsoring, endorsing, or recommending the activities announced in this flyer/material.

### CARDIO-DANCE

Ages 16+. Meets Tuesdays & Thursdays at **CHEN** from 6:30-7:30pm for 9 weeks beginning on October 1st. Combines moderate/low impact dance aerobics with strength training, providing an effective fitness program. Cost is \$60 for 9 weeks. **To register, please call Kathleen at 410-676-7600 or 410-692-9210 or email her at [kcfitness@comcast.net](mailto:kcfitness@comcast.net).**

### STEP AEROBICS

Ages 16+. Program meets Mondays & Wednesdays (6:30-7:30pm) beginning September 9th thru December 18th at the Chenoweth Activity Center. Program combines moderate/high intensity cardio training utilizing a step and body sculpting, which strengthens, conditions, tones and defines muscles providing the ultimate training workout! Classes will include abdominal work and 15 minutes of relaxation/stretching at the end of each class. NOTE: A step is NOT needed to participate, but it is helpful in achieving the maximum benefits of the class. Enjoy getting fit! Registration and 1st class starts Monday, September 9th at 6:15pm at the Chenoweth Activities Center. Cost is \$90 for the 15 week session. Walk-ins welcome @ \$10 per class. Bring weights, step, and mat! For any additional questions please email: [cbaranoski@hotmail.com](mailto:cbaranoski@hotmail.com) or call (410) 692-9738. You may also email Mary Little at [marry1027@aol.com](mailto:marry1027@aol.com) or call (443)-807-1550.

### LADIES' POWER VOLLEYBALL

Ages 21 and up. Program meets Thursdays, 7:30-10pm at **YBIS** beginning in September thru June. Cost is \$20/person. **Registration form and fee due first night of play.** For further info call Mary Lozoskie, (410) 241-4678.

### YOUTH VOLLEYBALL

Open to boys and girls in 7<sup>th</sup> and 8<sup>th</sup> grade. 8 week session (Sept–Oct), starts week after Labor Day; 1 night per week from 7-8:30pm at CHEN gym. Cost is \$65/player (checks payable to Fallston Rec Council). Please visit [www.fallstonrec.com](http://www.fallstonrec.com) for registration form and mail to: Fallston Volleyball, 2200 Exeter Court, Fallston, MD 21047. Questions can be directed to [frcvolleyball@verizon.net](mailto:frcvolleyball@verizon.net).

### WRESTLING

Ages 4-15. A great sport for conditioning and developing self-confidence. Meets Mondays thru Thursdays at Fallston Middle School and John Carrol High School beginning early November thru February. Clinic practice (ages 4-7) held on Wednesday evenings at Fallston Middle School from 6pm to 8pm (ages 4-5 from 6pm to 7pm and ages 6-7 from 7pm to 8pm). **Registration will take place at the CHEN Center on Saturday, Sept. 21st and Saturday, Sept. 28<sup>th</sup>, 9am-noon; and Tuesday evening, Sept. 24th, 6:30-8:30pm.** Cost is \$75/wrestler (family rate – 2/\$130; 3 or more/\$160) with an additional uniform deposit fee of \$50/wrestler (Equipment Deposit is returned when equipment is returned to program). For further information please go to [www.fallstonwrestling.org](http://www.fallstonwrestling.org) or the Fallston Recreation Council website, [www.fallstonrec.com](http://www.fallstonrec.com), (click the wrestling tab).

### YOGA

FALLSTON RECREATION COUNCIL **10 WEEK 2013 FALL YOGA SESSION** taught by Tom Trafton RYT-200 & Kripalu-200 Yoga Teacher. Tuesday Classes start September 3rd and end on Tuesday, November 5<sup>th</sup>. Wednesday classes start September 4th and end on Wednesday, November 6<sup>th</sup>. These 75 minute classes will be offered at the Chenoweth Center at 5pm and 6:30pm. The 10 week session will cost \$75/person. 2 classes per week will cost \$125/person. Bring your Yoga Mat and register the first night of class or e-mail us for a registration form to register early. Please notify Debbie (dbrown5819@verizon.net) or Tom (yogitom@gmail.com) of your intent to register.

### YOUTH CENTER

Events occur on Friday evenings at FMS, schedule given at registration. Registration is open to all 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> graders who reside in the Fallston school district. **A current photo of the child is required for registration** (child need not be present). Parent must chaperone at least one event; will be assigned at registration. **Cost is \$45.**

**Online Registration is currently open until September 13<sup>th</sup>! In Person Registration will occur on Sat., Sept. 14, 9:00am-noon at FMS gymnasium. Another adult can register your child as long as they can provide registration information in its entirety, a photo of your child and they can accept your chaperone date on your behalf. Registration is limited to 650 students.** For further info please check the webpage [www.fallstonrec.com](http://www.fallstonrec.com) and click on Youth Center.

*Please note: It is the desire of the recreation council to include every child in its programs. Financial assistance is available if needed. Call the Fallston Rec office AT 410-638-3559 for more information.*

*The Department of Parks and Recreation encourages the involvement and participation of individuals with disabilities in all of our programs/services. For disability-related accommodations, please contact Mike Watkins, Therapeutic Recreation Specialist at 410-638-4899 (TTY users, call Maryland Relay at 711). Please give two weeks advance notice.*

*ETC. The Fallston Recreation Council announces information on flyers distributed three times a year – early September, November and early May. Please make note of this and attempt to obtain and refer to the program information. Program information is also periodically submitted to the local newspapers. Next flyer: Boys/Girls Lacrosse, Softball, Baseball*